



ADVENTURE CHALLENGE (2 Week)

CLOTHING/EQUIPMENT LIST

It is VERY important that your child has the appropriate clothing and gear for Camp. Mandatory items are necessary for the safety and comfort of your child and contribute to their enjoyment of Camp. During the two week camp your child will be going on a backcountry hiking trip – it is particularly important that they have the appropriate gear for this.

To prevent loss, make sure that EVERY article is clearly marked with your child's name using a name tag or laundry pen. Have your child assist with packing so they will be familiar with their belongings. We do our best to ensure that your child returns home with all of their belongings – please give us a call or email if they seem to have forgotten something.

Laundry is done during the session – it is not necessary to send excess clothing for your child – we will ensure that they have clean clothing while they are at Camp.

No Ipods, hand held electronic games, knives, cell phones, or candy/food are allowed at Camp. These items will be kept in the office until the end of session if they are brought onsite. Camp Summit is not responsible for the loss or damage of items brought on site. **If you have any questions please feel free to contact us at: info@campsummit.ca or Toll Free 1-866-550-1118.**

Qty.	<u>MANDATORY CLOTHING/EQUIPMENT LIST</u>	Check When Packed ☺
1	Pair of Hiking Boots – your child MUST have this item and they should be comfortable, previously broken-in (worn for at least a month prior to camp to prevent blisters) and suitable for high energy activities such as hiking, etc.	
1	Spare pair of Running Shoes	
1	Pair of Sport Sandals with secure heel strap or 'Croc style' clogs with a heel strap – these need to be a pair of water suitable shoes that will stay secured to the feet	
1	Waterproof Rain Coat –your child MUST have this item as this is very important and will be necessary for the backcountry trip that your child will go on	
1	Waterproof Rain Pants - your child MUST have this item as this is very important and will be necessary for the backcountry trip that your child will go on	
3	Long Sleeve tops - at least one should be a polyester or wool blend material if possible as it dries much quicker than cotton and helps keep your child warm	
1	Long Underwear pants (polypropylene) NO COTTON!	
2	Pairs of Quick Dry Pants - track pants, lulu lemon style stretch pants or something similar are fine – polyester blends are best as they dry quickly and are better for wet weather	
2	Long Pants - casual jeans, sweatpants, etc.	
1	Polar Fleece Jacket or Sweater – this should be a warm layer for cooler weather and nights	
2	Casual Sweater or Sweatshirt	
5-6	T-Shirts	
2-3	Shorts - at least one 'quick dry' pair for water activities, swimming, etc.	
2	Bathing Suits	
2	Pair of Pajamas	
6-7	Pairs of Socks – MUST have one or two pairs of wool or synthetic socks are recommended as they dry much faster	
	Pairs of Underwear (1 per day)	
1	Sun Hat / Ball Cap - a must!	
1	Warm Winter Hat or Toque (for hiking/overnight trips)	
1	50+ Litre Internal Frame Backpack These medium to large sized packs have internal stiffeners and a more substantial padded hip-belt to bear weight. Their load capacity makes them useful for overnight backpacking or multi-day trips. ALL of the camper's personal gear necessary for the hiking trip will need to fit INSIDE this pack. Check to make sure that all buckles and straps work and that the pack is a good fit!	
1	Mummy Style Sleeping Bag (no cotton lining - synthetic or down, rated to –10c, must 'squish' down to a small size)	
1	Camping Sleeping Pad (a Thermarest or closed cell foam Pad is best)	
1	Pillow	
1	Durable Flashlight with a spare set of batteries (headlamp style is best)	
2	Bath Towels (one should be a small camping towel that will dry quickly)	
1	Backpack – a School Sized one is fine, it should be suitable for day excursions with enough room for lunch, a water bottle, a sweater, and a rain jacket	
1	Toiletry Kit - toothbrush, toothpaste, shampoo, soap, etc.	
1	Bottle of Sunscreen – must be waterproof and SPF 30 at a minimum	
2	1-2 litre Water Bottles	
1	Tripping Dishes - Cup, Bowl, and Utensils for backcountry eating (Lexan or plastic only please – no sharp knives)	
1	Whistle on a cord (to wear around neck)	
1	Mesh Laundry Bag – this will help keep clothes organized and separate from clean clothes	



NOTES FOR PARENTS ABOUT CLOTHING AND EQUIPMENT:

It is highly recommended that your child bring clothing appropriate for outdoor activities, however, it is not necessary to buy expensive high-tech gear at outdoor shops. Below are some tips to help make packing for camp easier.

Many of the clothing items can be found quite reasonably at large department stores such as Walmart, and Sport Chek (Canada) or even at some second hand shops such as Value Village (Canada). These stores have a great selection of inexpensive fleece sweaters, fleece jackets, thermal polyester blend shirts and bottoms, and waterproof rain gear.

Mountain Equipment Coop or MEC (Canada) is also a great store to find most of the clothing and equipment items – if your family regularly engages in outdoor activities, MEC clothing and equipment is worth the investment as it is outdoor specific (www.mec.ca).

Something to keep in mind when packing clothing is that your child is engaged in active outdoor activities while at camp, so you should send them with clothing that can get dirty. White is definitely not recommended for camp. Choose functionality over fashion.

Although camp is in the summer, which traditionally has good weather, there are times that it can be rainy and quite cold. It is important that you send your child with a variety of clothing layers so that they can keep warm in event of inclement weather. A toque (warm winter hat) may seem like a silly item to bring to summer camp – but on hiking trips in the mountains or on a rainy day it can help your child keep warm.

It is very important for your child to have a good sleeping bag for camp – particularly for the overnight hiking trip. A synthetic or down sleeping bag rated to -10 degrees C is best. Mountain Equipment Coop, Canadian Tire, and even Walmart sell sleeping bags at reasonable prices. If you can borrow one from a friend this can help save money. Make sure that the sleeping bag has a 'stuff' sack to keep it in – one that 'squishes' the sleeping bag down to a small size is very handy.

A good 50 litre backpack is important – it should fit your child's back so that it is comfortable when fully packed. MEC does sell child specific backpacks and their staff are very helpful at fitting the pack for your child. Backpacks range from \$80-150. Should purchasing or borrowing a pack not be possible, a rental of one for a minimal charge can be arranged by contacting the Summit office (info@campsummit.ca).

For the miscellaneous sundry items such as tripping dishes, laundry bag, whistles, etc 'Dollar Stores' are also a good place to shop.

OPTIONAL ITEMS: these are not necessary but can enhance your child's experience at camp	
1	Writing Kit (Stamps, Envelopes, etc.)
1	Camera and Film (a good idea!)
	Books/Magazines/Journal
1	Pair of Flip Flops
1	Bottle of Insect Repellent Lotion (no sprays or aerosols please). Natural Citronella lotions are recommended rather than DEET
	Mountain Bike ** Important Note for Campers requiring transportation to and/or from Camp – Summit cannot take bikes. If you wish to bring your own bike, you must arrange your own transport.** Summit does provide these, however, if you have a personal one that you would like to bring, please feel free as it will fit you well. Our guides will assess them prior to going on rides to ensure that they meet safety regulations/standards
1	Pair of Cycling Gloves - Long fingered gloves are best to protect palms and fingers in the event of a spill.
1	Bike Helmet - Summit can provide these, however, if you have a personal one that you would like to bring, please feel free as it will fit you well. Our guides will assess them prior to going on rides to ensure that they meet safety regulations/standards
1	Camelback (personal hydration pack) or a water bottle that will fit in a bottle cage on a bike
1	Set of Leg/Shin Armour - Summit does provide these as well, however, if you have a personal set that you would like to bring, please feel free. Our guides will assess them prior to going on rides to ensure that they meet safety regulations/standards
1	Pair of Padded Bike Shorts

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